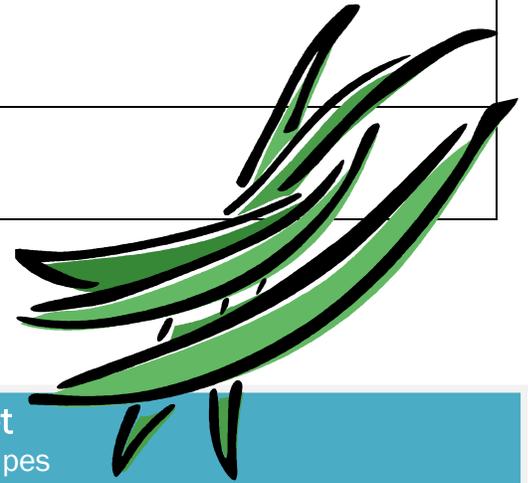


# My Notes about Green Beans

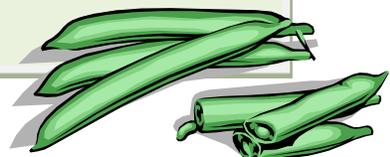
How to prepare Green Beans	
Cleaning	
Trimming	
Cooking	
Storing	
Other Tips	



## Green Bean and Ham Soup Adapted from recipezaar.com

- 4 cups fresh green beans, cut into 1-inch pieces
- 3 cups potatoes, cut into 1-inch cubes
- 2 cups ham, cubed, cooked
- 1 cup onions, chopped (1 large)
- 4 cups water
- 1 tablespoon cooking oil
- 1/4 cup all-purpose flour
- 1 tablespoon fresh dill or basil or 1 teaspoon dried dill or basil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup milk

1. Combine green beans, potatoes, ham, onion, water, and oil. Boil until potatoes are soft.
2. Stir together flour, dill, salt, black pepper, and milk and add. Cook over medium heat until thickened and bubbly.
3. Cook and stir for 1 minute more.



## Green Bean Skillet F\$NE curriculum recipes

- 1 lb. green beans, 1-16 oz. pkg frozen green beans, or 2-16 oz. cans green beans, drained
- 1 onion, chopped
- 1/2 tsp. garlic powder (or 1 minced clove)
- 1 tsp. canola oil
- Salt and pepper to taste

1. Wash and snap green beans. Cook in a small amount of water until tender, about 7-12 minutes; drain. Or, cook frozen green beans according to package directions; drain.
  2. Put canola oil in a large skillet. Add onion; sauté over medium heat until onion is tender.
  3. Add green beans, garlic powder, salt and pepper; mix gently.
- Yield: 4-6 servings.